Clinical Trial Protocol
Iranian Registry of Clinical Trials

05 Aug 2026

The effect of acupressure on severity of headache due to spinal anesthesia in cesarean section

Protocol summary

Summary

The study aim is to determine the effect of applying acupressure on the severity of spinal anesthesia-induced headache in women undergoing in cesarean operation. This study is a clinical trial designs with three groups: intervention, placebo and control. The study population includes all pregnant women who candidate for cesarean with spinal anesthesia technique that admitted in Amiralmomenin's (AS) hospital of Semnan. The main inclusion criterion is headache that induced by receiving spinal anesthesia for cesarean. The main exclusion criterion is the absence of headache between sixth until eighteenth hours after receiving spinal anesthesia for cesarean operation. The study sample size are 90 patients that were divided among three groups. Headache severity of patients will be measured by visual analogue scale (VAS) in 6 to 18 hours of post operative period. In intervention groups, acupressure will be conducted on Yintay, Taiyang, Large intestine 4, Liver 3 and GB 20 points; while, the mentioned points only will be touched without any pressure in placebo group. Also, no action will be taken in the control group. Then in three groups, the headache severity will be measured after 5 minutes. The difference between pain intensity will be calculated before and after measurements.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015071423159N2**
Registration date: **2015-08-09, 1394/05/18**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2015-08-09, 1394/05/18

Registrant information

Name

Alice Khachian

Name of organization / entity

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Recruitment status

Recruitment complete

Funding source

Iran University of Medical Ssciences

Expected recruitment start date

2015-05-21, 1394/02/31

Expected recruitment end date

2015-11-07, 1394/08/16

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of acupressure on severity of headache due to spinal anesthesia in cesarean section

Public title

The effect of acupressure on headache

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria: Suffering from headache after receiving spinal anesthesia; Pregnant women who have undergone elective caesarean; The lack of susceptibility to migraine or any other chronic headaches before

cesarean based on patient's report; Non-suffering from seizures based on patient's report and records; Patient ability for verbal communication Exclusion criteria: Patient intolerance for headache during intervention and demand for drugs; The nausea and vomiting or other complications in patients due to severe headache; Non-suffering from headache between six to eighteen hours after receiving spinal anesthesia

Age
From **15 years** old to **45 years** old

Gender
Female

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **90**

Randomization (investigator's opinion)
Randomized

Randomization description

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee
Ethic committee of Iran University Of Medical sience

Street address
Iran University of Medical Sciences, Hemat Highway

City
Tehran

Postal code
19922347512

Approval date
2015-05-09, 1394/02/19

Ethics committee reference number
IR.IUMS.REC.1394.26130

Health conditions studied

1

Description of health condition studied
Headache due to spinal anesthesia

ICD-10 code
o89.4

ICD-10 code description
Spinal and epidural anaesthesia-induced headache during the puerperium

Primary outcomes

1

Description
Severity of headache

Timepoint
Before and 5 minutes after intervention

Method of measurement
Visual Analogue Scale

Secondary outcomes

1

Description
Pain severity difference before and after intervention

Timepoint
10 minutes after intervention

Method of measurement
Visual Analogue Scale

Intervention groups

1

Description
Researcher will apply pressure on Yintay between eyebrows, Taiyang at outer corner of eyes, Large Intestine 4 between thumb and index finger, Livre 3 behind feet between first and second fingers and GB 20 in first cervical vertebra in intervention group and after measuring and recording the headache intensity. The way of applying pressure on these points will be soft and deep; applying pressure on these points will be done bilateral except Yin Tai point. The pressure time on each point will be a minute. Therefore, total time of intervention will not take more than 5 minutes.

Category
Treatment - Other

2

Description
In placebo group, Yintay, Taiyang, Large Intestine 4,Liver 3 and GB 20 will be touched and no pressure will be applied.

Category
Placebo

3

Description
In control group, there will be any intervention and only headache intensity will be measured and recorded after patient suffering from headache and 5 minutes after it.

Category
Other

Recruitment centers

1

Recruitment center

Name of recruitment center
Amiralmomenin (AS) Hospital

Full name of responsible person
Mrs Vafaeenejad

Street address
Education Supervisor Office, Amiralmomenin (AS) Hospital, Emam Hossain (AS) square

City
Semnan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Vice chancellor for research, Iran University of Medical Sciences

Full name of responsible person
Dr Seyed Ali Javad Mousavi

Street address
Room #503, 5th floor, Central building of Iran University of Medical Sciences, between Chamran and Hemmat Expways, Hemmat Expway

City
Tehran

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?
Yes

Title of funding source
Vice chancellor for research, Iran University of Medical Sciences

Proportion provided by this source
100

Public or private sector
empty

Domestic or foreign origin
empty

Category of foreign source of funding
empty

Country of origin

Type of organization providing the funding
empty

Person responsible for general inquiries

Contact

Name of organization / entity
School of Nursing and Midwifery, Iran University of Medical Sciences

Full name of responsible person
Maeheh Tourdeh

Position
Nursing Msc Student

Other areas of specialty/work

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Person responsible for scientific inquiries

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty